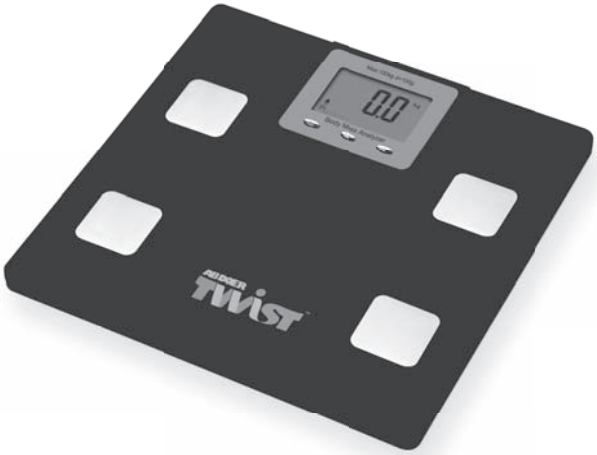
THANE *Fitness*®

Body Analyzing Scale

User's Manual



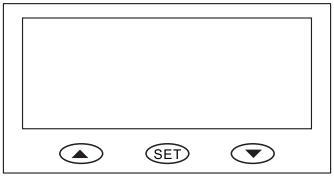
Thank you for choosing our electronic complex measurement scale. To ensure proper operation and to maintain the life and accuracy of the scale, please read this user's manual carefully before operating it.

Please be aware that pregnant women and persons with medical implants such as heart pacemakers, respiration apparatus or electrocardiographs must not use this product.

Key Features

- This product adopts advanced BIA (Bioelectrical Impedance Analysis) technology. BIA measures body hydration and body fat percentage by sending a safe, low-level electrical signal through the body. This signal is analyzed by a computer to determine the body fat, hydration, muscle, bone percentage and calorie. It is more precise than traditional calculations.
- It uses a high precision sensor to obtain a more exact weight.
- Personal data can be stored in the memory of the unit for up to 10 people .
- Maximum weight: 150kg/330lbs, d=100g/0.2lbs.

Button operation



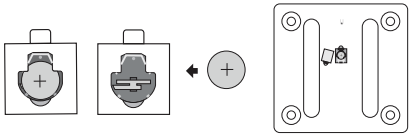
SET key: power on, menu select and confirm

▲Key: Up

▼Key: Down

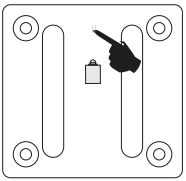
Operation

• Open the battery cover on the back of the scale, and install the battery.



• Put the scale on a hard flat floor, make sure it is level.

• Under the weighing condition, when the display shows “0.0”, press the button on the back of the scale to choose units(kg, lb.,st).



How to measure your body weight

Weight only:

1 Tap on scale gently , the LCD will display “0.0” after showing “8888”.

2. Stand on the scale erectly and maintain your balance. The display will indicate your weight and lock the data.

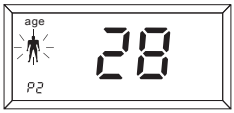
3. After weighing, the scale will automatically turn off if it is not being used.

How to use the body weight +fat + hydration + muscle + bone + KCAL

1. Set personal data:

1.1 Press “set” key .Use “▲” or “▼” key to select your personal key from P0-P9. Once you have reached the number you wish to use, press “SET” to confirm.

1.2 Press “▲” or “▼” to choose male “” or “” female; then press “SET” to confirm.



1.3 Press “▲” or “▼” to choose age (10-80), press “SET” to confirm.

1.4 Press "▲" or "▼" to choose height (100-220), press "SET" to confirm.

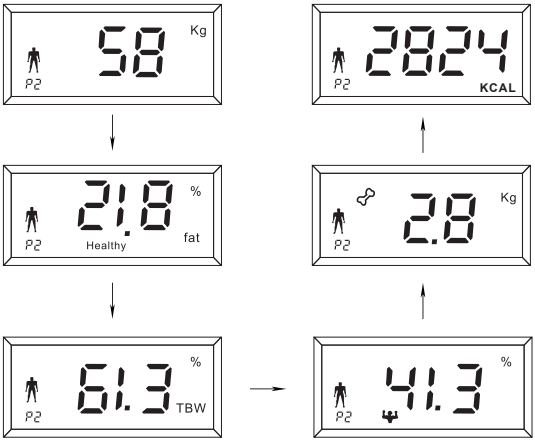
1.5 When step 1.4 is completed, the scale will display "0.0" at which point you may measure body weight, fat, hydration, muscle, bone, KCAL readings.

2. Taking body weight, fat, hydration, muscle, bone, KCAL readings:

2.1 When you use the scale, use your personal key. Press the "▲" or "▼" key to select it, wait for a moment, the scale will indicate "0.0".

2.2 Carefully step onto the scale platform (shoes and socks off), and maintain contact with electrodes.

2.3 Body weight will be displayed first, continue to stand on the platform, after moving “0” four times, fat percentage, hydration percentage, muscle percentage, bone weight and KCAL parameter will appear on the display one by one, recycle 3 times.



Parameter Reference

• Body fat percentage normal ranges:

Age	Female			
	Body fat percentage			
	Under Weight	Healthy	Over Weight	Obese
12-20	<18%	18-28%	28-33%	>33%
21-42	<20%	20-30%	30-35%	>35%
43-65	<21%	21-31%	31-36%	>36%
66-100	<22%	22-32%	32-37%	>37%

Age	Male			
	Body fat percentage			
	Under Weight	Healthy	Over Weight	Obese
12-20	<15%	15-21%	21-26%	>26%
21-42	<17%	17-23%	23-28%	>28%
43-65	<18%	18-24%	24-29%	>29%
66-100	<19%	19-25%	25-30%	>30%

• **Body hydration percentage normal ranges:**

Age	Male	Female	Corresponding Hydration level	
<=30	66.0-60.5%	66.0-59.9%	Optimal Hydration	Weight scope of hydration: 37.8-66.0% Hydration rate degraduation: 0.1%
	60.4-57.1%	59.8-56.4%	Slight Dehydration	
	57.0-53.6%	56.3-53.0%	Moderate Dehydration	
	53.5-50.2%	52.9-48.6%	Dehydration	
	50.1-37.8%	48.5-37.8%	Severe Dehydration	
>30	66.0-59.1%	66.0-55.0%	Optimal Hydration	
	59.0-55.7%	54.9-51.6%	Slight Dehydration	
	55.6-52.3%	51.5-48.1%	Moderate Dehydration	
	52.2-48.8%	48.0-44.7%	Dehydration	
	48.7-37.8%	44.6-37.8%	Severe Dehydration	

• **Muscle rate normal ranges for reference:**

	Muscle Percentage	
	Female	Male
Moderate	>34%	>40%

• **Body bone normal ranges for reference:**

Female			
Body Weight	Below 45kg	45-60kg	Over 60kg
Bone Weight	> 1.8kg	> 2.2kg	> 2.5kg

Male			
Body Weight	Below 60kg	60-75kg	Over 75kg
Bone Weight	> 2.5kg	> 2.9kg	> 3.2kg

• **KCAL parameter:**

KCAL parameter display scope: 500-5000

The KCAL parameter indicates how much KCAL a person needs everyday, however this may vary due to the individual's health and lifestyle.

Due to the differences in geographic areas and locations, body fat, hydration, muscle, bone, KCAL standards may vary. This sheet is for reference only.

Please remember your personal key. You do not need to program your personal key every time you use scale. You can use the personal key you have already stored.

Error Indicator

1 When the LCD displays “LO”; this indicates that the battery is out of power. Please replace the battery.

2 When the LCD displays “Err”; this indicates an overload and “Err2” indicates that there has been a body fat percentage measurement error.

3 The LCD will display “Err2” if the body fat percentage is less than 5%, more than 50%, or if a measuring error occurs.

Battery Installation and Disposal

- Use 1pc CR2032 lithium battery (included).
- When changing the batteries, please open the battery cover on the back of the scale, put 1pcs CR2032 lithium battery in the battery compartment, then close the battery cover tightly.
- Local, state or federal laws may prohibit disposal of batteries in ordinary trash. Consult your local waste authority for information regarding available recycling and or disposal options.

Important:

1. **Pregnant women and persons with medical implants such as heart pacemakers, respiration apparatus or electrocardiographs must not use this product.**
2. People with metal implants will be unable to obtain accurate readings.
3. To ensure accuracy, we suggest using scale at the same time every night (19:00-21:00).
4. You should place scale on clear, flat surface before using.
5. Do not place scale on wet, severely hot or extremely cold surfaces.
6. Please operate with care. Do not attempt to disassemble the scale.
7. To avoid falling off scale, do not stand on the edge of scale .
8. Do not wear shoes when standing on the scale to avoid the sacle platform and electrode wearing out or being damaged.
9. Never submerge the unit in water. Use alcohol to clean the electrodes and glass cleaner to keep them shiny, applied to a cloth first, avoid soaps.
10. For home use only. Not for professional use, the correlative parameter is reference only. You should consult a doctor when you undertake any diet or exercise program.
11. Check battery if scale malfunction. If necessary, install a new battery.

Model # CR 6331

THANE Fitness®

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